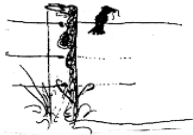


The Fence Post



Volume 24 Edition 16 01/12/2021 \$1.50

Voluntarily published in Narembeen

Registered by Australia Post Publication No PP 100002066

P.O.Box 7, Narembeen W.A. 6369

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Email: fencepost@westnet.com.au



The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembreen, WA. 6369

9064 7055

fencepost@westnet.com.au

*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

News items or payments may be left at the front desk of the CRC

when the Fence Post office is closed.

Advertising Rates 2021

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$8	\$13	One Third Page	\$10	\$20
One half Page	\$15	\$25	Two Thirds Page	\$20	\$35
Full Page	\$30	\$50			

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2021

DUE 1st March

Local and Online \$66

Mailing \$110

Online payments 306-026 - 543 1678

EDITORS

Gina DeLuis, Sherrie Heather, Lorraine Lethlean,
Maxine Miolini (Editor-in-Chief), Kellie Mortimore

ROSTER

7/12/21

G. Deluis

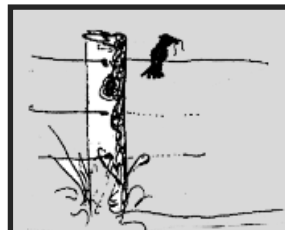


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

Disclaimer

The views expressed in articles in this newspaper are not necessarily the views of the Editor or other volunteers who produce this newspaper. The Editor has the right to withhold, edit or abbreviate any items.

- Life Member of The Fencepost IRIS BRISTOW -



Over the Fence....

A big thank you from a lot of "Oldies" in Narembene to John Irving. Rising in the very early morning, he delivers the paper to a number of "Oldies" in the town every day for free. No one knows just how much this service has been appreciated and we now wish John much pleasure in his "retirement".

Iris Bristow.



The Mortimore Family would like to thank everyone for their attendance at Kevin's funeral on Monday, November 29.

At such a busy time of the year it was comforting to see so many give their time to travel and attend. To all those that have offered their sympathy either by phone, text or cards please accept this as our sincere Thank you.

Life goes on, but it brings home to us all how life can be cut so short and to make the most of every day you have with your loved ones.

Ian and Kellie Mortimore

On Friday 26th November, a gathering of about 25 family and friends were at the Narembene Recreation Centre for a meal to celebrate the 80th birthday of Warren Milner. Although the Friday night meal is a regular occurrence for many of the people present, Sharlene and her staff made a special effort for the night and decorated the table and supplied all the meals at the same time. A chocolate mud cake, made by his wife Lorraine Lethlean was enjoyed by all present. Warren continued the celebrations with a dinner in Perth on Saturday with his daughter Janine Rollings and family. Sunday lunch with Jenny and Peter Murphy at Cafe28, at Joondalup Resort finished off the birthday celebrations.

Warren would like to thank all for their birthday wishes, cards and gifts.



Thanks to Kel Lyon for sending the photo through for our front cover.

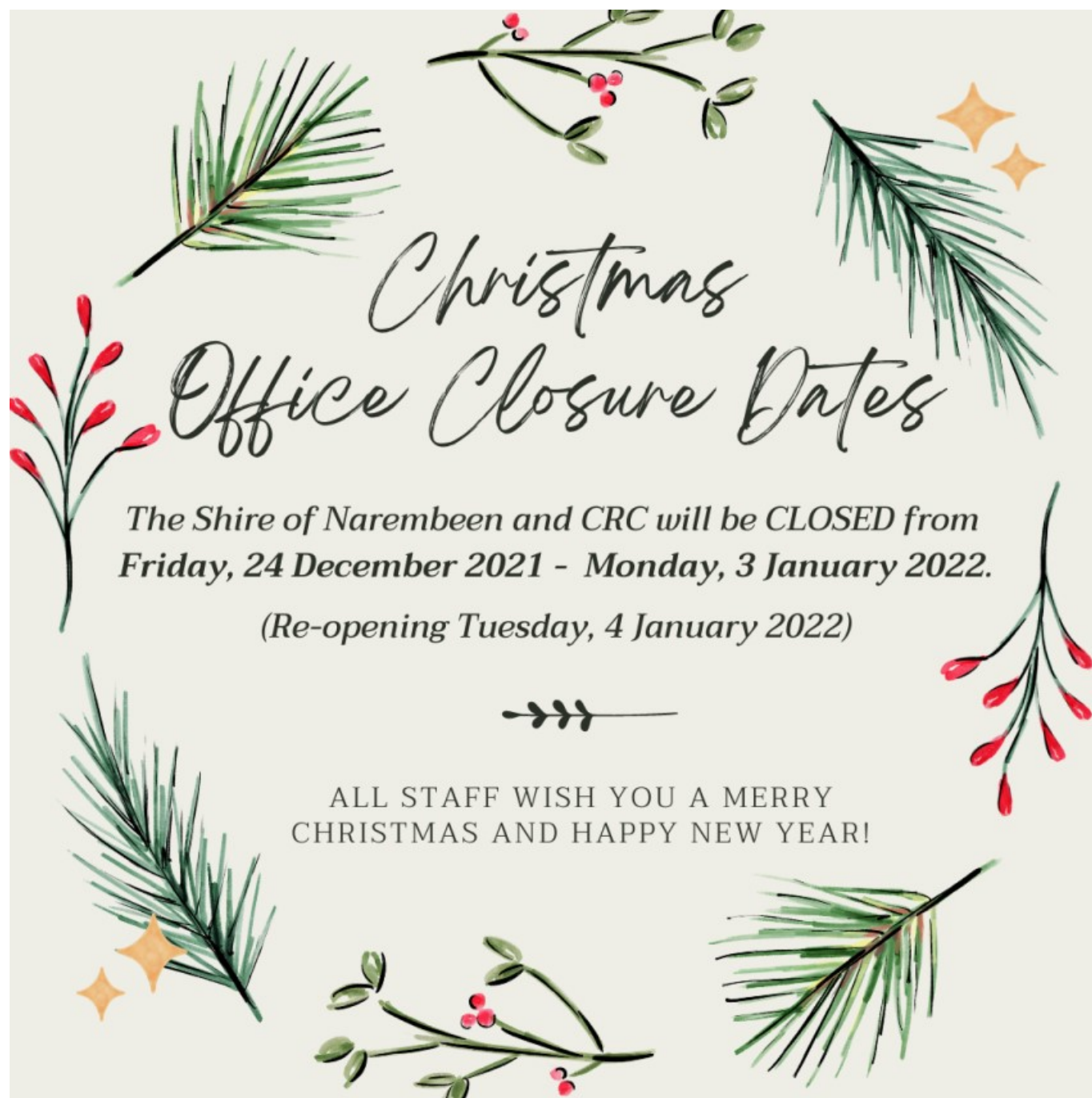


from the CHIEF



1 LONGHURST STREET, NAREMBEEN WA 6369 T: (08) 9064 7308 F: (08) 9064 7037

W: www.narembeen.wa.gov.au E: admin@narembeen.wa.gov.au



from the CHIEF

NAREMBEEN SWIMMING POOL

The Shire of Narembeen has been advised by Western Power that it is safe to re-open the pool.

The pool has been closed for the past week to undertake works to improve equipotential bonding and to conduct a series of electrical tests.

Further tests are planned to be undertaken by the Shire of Narembeen and Western Power in the coming weeks.

David Blurton

Chief Executive Officer

PROJECT UPDATES

Apex Park

The Stargazing signage has arrived and it is envisaged this area will be finalised by the contractor in the coming weeks.

Apex Park / Caravan Park—Gravel Works

The Shire will be carting gravel to fill the low lying areas of Apex Park and the Caravan Park—this is to assist with safer, flatter ground for the Free RV campers as well as improved drainage.

Caravan Park

Over December, January and February the appointed contractor will be installing new solar bollards, landscaping, reticulation, the caravan park entry statement and improving the camping area at the Caravan Park. This project has been made possible with funding through the Drought Communities Program.

Churchill Street

Through January and February the appointed contractor will be repaving some of the side walk paving areas that have been identified as unsafe as well as installing a safer, compliant cross over. New street furniture has been ordered and this is expected to be installed in February. This project was made possible with funding through the Local Roads and Community Infrastructure Program.

Town Hall / The Old Church

Tender documents for the restoration of these buildings have been finalised and it is expected we will go to tender in the coming weeks.

Lake Walker Shared Pathway / Ada Street-Brown Street Shared Pathway

These pathways will be installed by different contractors and it is anticipated that these works will take place in January / February 2022.

It will be a busy few months coming up for the Shire, town is really starting to look good and with the roadworks projects planned, be prepared for more beautification around the townsite!

Sheree Thomas

Economic Development Officer

from the CHIEF

International Day of People with Disability is held on 3 December every year. In order to raise awareness about International Day of People with Disability The Shire of Narembeen staff commit to be mindful, friendly, kind, understanding, positive, encouraging, respectful and inclusive so that people with disabilities always feel safe, accepted, loved, strong, beautiful, comfortable and unique. #idpwd

IDPwD is an opportunity for us to make positive changes to the lives of the 4.4 million Australians with disability.



from the CHIEF



JOB OPPORTUNITIES

The Shire of Narembeen is currently seeking suitably qualified, experienced and self-motivated individuals to join our Works and Services team. For the position descriptions related to the roles outlined below please visit the Shire's website www.narembeen.wa.gov.au or contact the Shire 9064 7308, in person or via email admin@narembeen.wa.gov.au

GRADER OPERATOR

The key objectives for this position are:

- Road maintenance and construction/ reconstruction
- Drainage maintenance and construction/ reconstruction
- Asset maintenance

This position is a level four position (\$67,433 annually) under the Shire's Works Staff Enterprise Bargaining Agreement and comes with several allowances and the potential for Shire rental accommodation depending on availability.

ROLLER DRIVER / ALL ROUNDER

The key objectives for this position are:

- Operating a tractor and tow-behind roller combination, or a self-propelled compaction roller
- Road maintenance and construction/ reconstruction
- Traffic control
- General town maintenance as necessary

This position is a level four position (\$67,433 annually) under the Shire's Works Staff Enterprise Bargaining Agreement and comes with several allowances and the potential for Shire rental accommodation depending on availability.

To apply for either of these roles, please submit an up-to-date resume and cover letter to admin@narembeen.wa.gov.au (state the position being applied for in the subject header) or in person at the Shire Administration Office **by 4pm on Wednesday 8 December 2021.**



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4 x 2 House with large shed
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Enquiries
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TO WHOM IT MAY CONCERN

**To the person(s) who thought it was a good idea to
turn a water-meter off on Coverley Road over the
weekend of 26th-28th November.**

Thanks to you, my 800 ewes had no water.

LEAVE THINGS ALONE

Woody

YIPPEE YIPPEE LETS PUT SOMETHING UNDER THE CHRISTMAS TREE



GIVE A FENCEPOST SUBSCRIPTION FOR CHRISTMAS

Stuck for Christmas ideas and have friends or relatives who are always keen to read what's going on in Narembreen.

Purchase the Fencepost as a Gift for that special person and they will receive it to their mailbox or computer for the entire year.

We will email you a Gift Card to place under the Christmas Tree so they know it's coming.



Subscriptions— Local \$66

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And even better if you purchase a hard copy and give us their email address we will email a copy for **FREE** as well.

STREET XMAS PARTY

The Hilton/Cheetham Way annual street party is happening.

Date/time: Tuesday 14th December 5.30 onwards.

Location: In the cul-de-sac between

The Copeman's & The Cowans.

BYO chair drinks & nibbles. (No barbeque)

Tables & bins provided.



MORNING SUN MOTEL		Rates
STANDARD ROOMS	PER NIGHT \$139	NEW MOTEL IN NAREMBEEN OPENED 2021 Free WIFI Air-conditioned Private ensuite Mini-Fridge 50" TV Shared laundry Large couches Toaster & Kettle Shared microwave
5% DISCOUNT FOR MULTIPLE NIGHTS	\$132	
10% DISCOUNT SINGLE OCCUPANCY & MULTIPLE NIGHTS	\$125	
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Narembeen CRC Trainee

To be offered as a 12-18 month Traineeship

Applications are invited for the trainee position with the Narembeen Community Resource Centre, starting in Mid-February 2022.

A variety of four different traineeship options available. This position offers flexible hours (school or childcare hours available upon discussion) with up to 70 hours per fortnight.

We are seeking a highly motivated person who is well presented and keen to commit themselves to a traineeship for a period of 12-18 months, during which time they will receive both on and off the job training in a wide range of administration and community development activities.

Mature aged applicants are encouraged to apply.

Interested persons may obtain an Application Package with Selection Criteria and Job Description by contacting Vanessa Wittstock on 9064 7055.

Written applications must address the selection criteria and include a resume and be submitted by post or hand delivered to:-

Vanessa Wittstock
Coordinator
Narembeen Community Resource Centre
2/19 Churchill Street
Narembeen WA 6369

or by email to:

crcmanager@narembeen.wa.gov.au

by 4.00pm, Tuesday, 4 January 2022

COVID-19 VACCINATION CERTIFICATE DO YOU NEED HELP?

If you need help linking your Medicare to your MyGov Account to access your COVID-19 Vaccination Certificate OR to download the Medicare App OR to add to your Apple wallet (iPhone's Only), please call the CRC on 9064 7055 to make an appointment and we are more than happy to help you free of charge.



Day	Date	Max (°C)	Min (°C)	Rainfall (mm)
Tuesday	23rd Nov	27.8	8.9	
Wednesday	24th Nov	31.3	9.2	
Thursday	25th Nov	32.4	11.7	
Friday	26th Nov		12.8	
Saturday	27th Nov	35.9		
Sunday	28th Nov	38.7	14.8	
Monday	29th Nov	34.1	16.9	



Mt Walker Tennis Club

Well everyone must have realised how much they missed tennis from the week before and returned in force on Saturday, that or the Italian dinner enticed all the local Italians who 2nd to the mother country, know Mt Walker is the place to be! An excellent turn out in the heat, a few good hits and a great catch up.

Thank you to the LOPEZ FAMILY for their generous donation to the Mt Walker Sports Club yet again, this is greatly appreciated by all and keeps regional clubs like ours going.

Mt Walker will be closed next week in support of the Narembreen Open Day but will be open again the following weekend for a social hit.



COMING EVENTS:

Sunday 5 December	Narembreen Open Day – MT WALKER CLOSED
Sunday 12 December	Social from 3pm – BYO BBQ & salad to share
Sunday 19 December	Mt Walker Community Christmas Party & MIXED DOUBLES CHAMPS

SUBS DUE NOW (Tennis Members)

Full \$120 **Social** \$60 **Junior** \$35

Please pay by cheque, cash or EFT to: Mt Walker Sports Club, BSB 306 026, Account No. 5100512

Use surname and initial as narrative

Ladies Captain: Maddie Della Vedova 0498 480 442 **Men's Captain:** Michael Morrone 0428 346 679

Secretary: Felicity Cowan 0428 191 083

NAREMBEEN HISTORICAL SOCIETY— Final

Final part of the story of the Narembreen Brass Band



Members and friends travelled by Baden Moppett's bus to the opening of Ardath Lakes in 1939

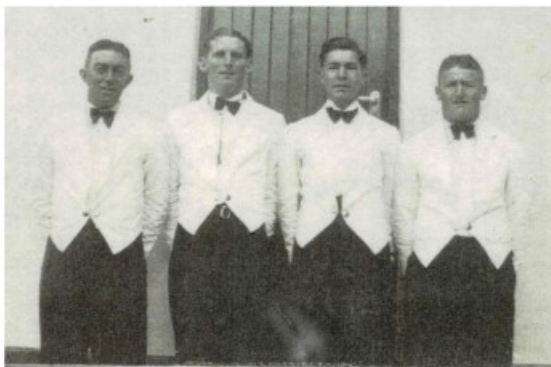


Mr Ernie EDDY was the logical choice as bandmaster when Mr BURLINSON left the district in the early 1940's. Ernie had been with the band since its inception in 1928. He was a fine musician and popular leader. Soon, however bandleader and many of those in the band joined the armed forces and the band was disbanded.

One young member, too young to join up, continued to give service to the district in his capacity as bugler. He was Brian PRICE who continued to sound the last post at ANZAC Day Services for many years.

Several of the instruments from the Brass Band are today in the Narembreen Museum. They bring back memories of 50 to 60 years ago for many of the older members of Narembreen District.

Band Leader Ern EDDY with band members



Narembreen Dance Orchestra 1939—Max PRICE, Rod RUSE, Jim INGHAM, Arthur (PINCHER) HARDINGHAM

Narembeen Bowling Club

Pennant Results The Ladies lost another close to Westonia on Wednesday. Start of a new round this week... the tides may turn.

The Gold Men had an 8-0 win over Bruce Rock Purple.

The Maroon Men had a 6-2 win over Bruce Rock Gold but a close one also as only 2 shots up on aggregate.

On Friday the Ladies hosted the Champ of Champ Fours.

Great jubilation for Narembeen here, as our team of Legends are the Champ of Champs.

The Team of Anita Cowan, Kellie Mortimore, Wendy Wilson and Maxine Miolini got the shield.

They played some very strong teams thru out the day which makes the win even sweeter.

Well done Girls. Great Bowling by you all. These badges don't come easy.

Thanks to the Girls for helping in the Kitchen and to Rhonda and Julie M for organising the catering.

On Sunday the Ladies played the Iris Bristow Championship Pairs.

A great entry.. played in rather warm conditions, but we got rolling early and managed to get it thru.

Congratulations to Helen Copeman and Kellie Mortimore ...the Champs.

Runners up were Anita Cowan and Miranda Noack. The plate winners were Gina Deluis and Maxine Miolini. Sylvie Yandle and Terri Tenardi were runners up to the plate.

Some great bowls played thru out the day and some very close encounters.

So... Kellie Mortimore is off to another C of Cs. She wants to win many more of these badges to put on her hat !!! Only good bowlers have Badges on their hats.

This Sunday is Social for Men and Ladies. Please note a 2.30pm start.

THIS SATURDAY IS A DERBY IN MENS PENNANTS Hmmm... May the best team win.. so come on you Goldies. Lay down!!

Sorry , but the Selectors were unable to get the teams thru in time for press so please check the board in the club or the Captain may send as a text.

THANK YOU TO OUR SPONSORS

RAMELEUS RESOURCES AND THE SHIRE OF NAREMBEEN COMMUNITY BENEFIT FUND
 COLLGAR WIND FARM ,WALLY TUDOR, Eilish BAILEY, Tony & Di MIOLINI, Barry PRICE, Maisie CUSACK,
 NAREMBEEN IGA, TOTAL AG - NUTRIEN, CRICHTON VALE, Wally TUDOR, Iris BRISTOW, Alan WRIGHT,
 NAREMBEEN ENGINEERING, Barry and Noela COLE, Max Price Family, Rhonda COLE, MOTIVE TRAVEL,
 NAREMBEEN HARDWARE & AG SUPPLIES, Hendy & Anita COWAN, THOMAS Family, COLESTAN ELECTRICS,
 SONIC BOOMSPLAYS, Gaynor & Pat LATHAM, LIBERTY FUELS, HUTTON & NORTHEY, ELDERS RURAL,
 NAREMBEEN TYRE SERVICE, VARLEY TRANSPORT, TRANSPLUS, Robert & Julie HAYTER, Hon. Mia DAVIES MLA,
 Ron & Margaret BUTLER, Frank & Helen COPEMAN, Steve & Chris PADFIELD, NAREMBEEN MEDICAL CENTRE,
 TRADE MARKS ATTORNEY SERVICES, THREE-O-TWO HOME WARES AND GIFTS.

FLOWER ARRANGEMENT DEMONSTRATION

AT AUTUMN CLUB

Autumn Club had the pleasure of welcoming Lorraine Wilson who demonstrated flower arranging to our members. The room was buzzing as each got their own arrangement started, selecting flowers and adornments of their preference.

With some help from Lorraine the hall looked like a florist shop.

Thank you Lorraine, it was a great day!



FUNERAL OF KEVIN MORTIMORE

The Funeral for Kevin was held at Bowra & O'Dea, Midland on Monday, November 29, 2021.

Kevin died on Thursday, November 18 after a short battle with cancer.

The celebrant that married Kevin and his wife Divera led the service and spoke of Kevin's family and everything he enjoyed in life. Ian, Neil, Stuart and Ciara also spoke of memories they had of their brother and father.

Kevin has left behind his wife Divera, sister Yvonne, brothers Barry, Ian and Neil, children Stuart, Glyn, Giles and Ciara and grandchildren Xander and Theo.

IAN'S MEMORIES OF KEVIN as spoken on the day.

Thankyou everyone for taking time off work and travelling here today to pay your respect to Kevin and to all those that have offered their condolences to us all and everyone that's watching the livestream around the world.

I'm here to tell you what Kevin meant to me. To me as a small child he was known as Keggar, to most people in Narembreen he was always known as Tanny, to his Perth friends it was Morts. As I grew up, I always called him Kevin. He knew me for 61 years and 1 month of my life and I remember him for about 60 of mine. After finishing school in 1972 Kevin came home to work on the family farm with our parents. Dad and Kevin worked hard seven days a week in winter and six and half days a week in Summer only playing tennis as a summer sport on Sunday afternoons.

A trivial fact of the Narembreen Football Club is that we debuted and played our first game for the club on the first game of the year at Bruce Rock oval in 1975. A family friend Rex Metcalf called past and talked Dad into letting me go over to play junior football, which he reluctantly agreed to, so in their car I got to go to Bruce Rock. Dad, Mum and Kevin had a shower and got changed and came over to watch. The reserves side followed the junior's game, and they were short of players. Kevin was asked to play, so off with my boots, socks and shorts for him to wear and this was the start of Kevin's 237 game career for the club over the next fifteen years or so. He Captained the Reserves side and played in a couple of Grand Finals in his career. Kevin also played tennis, squash, baddie and enjoyed water skiing. A highlight of his tennis time was winning his country week championships division and his brothers winning other divisions just before dad's passing in 1986.

I came home in 1978 and joined the family partnership, this was the only option Dad gave us to do otherwise it was to walk out the gate and stay out and never come back. Kevin and I took the option to stay and we worked in partnership for 42 years together on our farm, a huge achievement and many good and bad times shared. In fact, I have been married for 18 years, so I would have to stay married to Kellie and live for another 24 years to equal the length of time I've worked with Kevin which would mean I'd have to make it to 85 years of age. Every day I go to work many things on this farm will forever have your signature on it that you were part of our fathers dream and made the farm what it is today.

I think of Kevin as a lucky man sometimes in some ways, almost the same as Henry the eighth who had 6 wives. Kevin only had five, the only thing they do not have in common is, all Kevin's wives are still alive and well. I believe Kevin didn't want to be lonely and without someone by his side, I'm

sure he truly loved every one of them very much. Divera you were the lucky last and on Thursday just 3 or 4 hours before he past I was holding his hand for some time , I asked Divera to come and sit with Kevin , he still had the strength and desire to whisper I love you with a kiss, a testament that he truly loved you till the end as well. Thankyou for spending the last of Kevin's years together and to the final breathe. Also, special mention to Yvonne who assisted Divera from Tuesday lunch time as well for your compassion to your brother and our third family member you have been with for the final minutes of life.

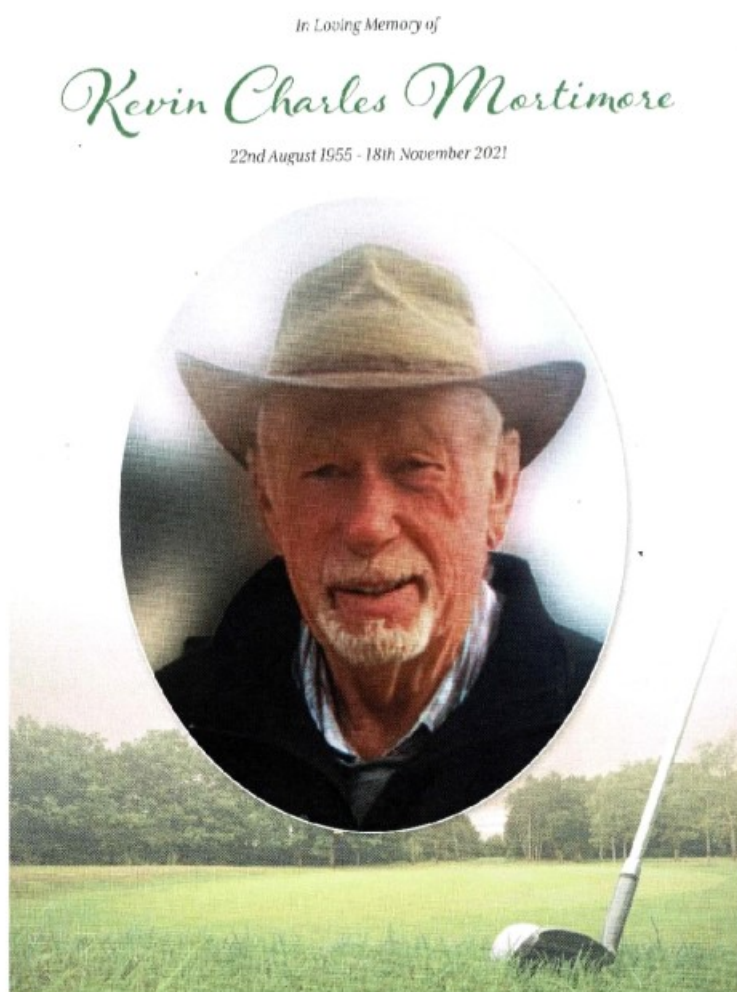
My parents had five children together, Yvonne, Kevin, Leanne, myself and Neil, Dad had an extra two Faye and Barry so that makes a chain link of nine . It has been broken now for the fourth time here on earth and is joined together as four in heaven. One day in the future our immediate family will be reunited together again.

With the special two hours on Saturday night and then on Wednesday night and Thursday we spoke together of our times we shared and acknowledged our respect for each other over the years and now is the time I say I forgive you, for any bad times, or issues we had together, love you mate , Thumbs up.

When I played my 500th game of football for Naremben Club, Kevin was there on the day to witness this event, the ball which was used that day was signed by all players in the club even Kevin, he signed it Kevin Morty, I will cherish this football forever. I have given Kevin a football signed by me and placed it in his coffin so when you have had enough of golf and when my time comes to reunite with you, we can play football just as we did as kids.

Lastly, as you walk up the stairway to heaven you will walk out onto the fairway with a handicap of zero, cos you're up there playing with the very best mate.

Rest in Peace big brother.



TOM CURTAIN

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OCTOBER 2021 - MARCH 2022

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Experience



SPECIAL GUEST
CHRIS MATTHEWS

NAREMBEEN TOWN OVAL | SATURDAY 11 DECEMBER 2021

GATES OPEN 6:00PM FOR 6:30PM START

ONLINE TICKETS: ADULTS: \$40 | STUDENTS (6-17YR): \$25 | CHILDREN (5YR&U): FREE

DOOR TICKETS: ADULTS: \$50 | STUDENTS (6-17YR): \$35 | CHILDREN (5YR&U): FREE

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Narembeen CRC Update

Hello everyone!

On Friday we had our last story time of year ! We can't believe how fast this year has gone! BUT next month we have a special Christmas Rhyme Time session.

A massive thank you to everyone for supporting us this year! We already can't



wait for next year!

There are a couple more seniors activities this year. The Seniors Movie happening on the first Monday of December and the Morning Coffee Club happening on the Third Wednesday of December. Please RSVP to the CRC for catering purposes.

Not long until this years **Community Christmas Pool Party!** What do we have to offer this year?

- FREE entry to the pool for the WHOLE family
- FREE Hamburgers
- 16m inflatable obstacle course for CHILDREN & ADULTS
- Giant Garden Games
- Christmas Photo Booth
- Water Inflatable
- Santa's Visit
- Lions Club Train
- Mick Chicks ice-cream & slushies

There is something for everyone!! We can't wait to see you there to celebrate what has been another awesome year!

This project/event was made possible with funding from the Ramelius Resources & Shire of Narembeen Community Benefit Fund

Don't forget to get your tickets for the **Katherine Outback Show** on Saturday, 11th December! Head to the Narembeen CRC Facebook Page or the Shire of Narembeen Website to access the links to purchase tickets. If you need help purchasing these tickets pop into the CRC and we can help you :)

Hope you had a great week!

*Georgia Atkins
Administration and Communications Officer*

Upcoming CRC Events 2021

- Seniors Movie: Monday, 6 December 1.00pm
- Katherine Outback Experience: Saturday, 11 December 6.00pm
- Christmas Rhyme Time: Monday, 13 December 10.30am
- Morning Coffee Club: Wednesday, 15 December 10.30am
- Community Christmas Pool Party: Friday, 17 December 3.30pm
- Christmas/New Year Closure: Fri, 24 December - Mon, 3 January
- Australia Day Celebrations: Wed, 26 January 8.00am



T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au

Narembeen Community Resource Centre

Narembeen CRC



RHYME TIME AT THE CRC

★ RHYMES

★ SONGS

★ STORY 



JOIN US IN THE
LIBRARY AT 10:30 am
Monday, 13 December 2021



COMMUNITY CHRISTMAS POOL PARTY

PLUS AN ULTIMATE INFLATABLE OBSTACLE COURSE FOR EVERYONE



FREE EVENT

3.30PM

NAREMBEEN POOL

FRIDAY, 17 DECEMBER

SANTA'S VISIT
GIANT GARDEN GAMES
WATER INFLATABLE
BOUNCY CASTLE
HAMBURGERS

Children under 10
must be supervised
by an adult at all times

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December 2021

Kaylor Andrews – Wheatbelt Regional Education Officer

Cancer Council Western Australia

75 York Rd Northam WA, 6401

M: 0408 926 259

Kaylor.Andrews@cancerwa.asn.au

Don't forget to Slip, Slop, Slap, Seek and Slide!

Australia is the skin cancer capital of the world. Two in three Australians will develop skin cancer before the age of 70, and every year 2,000 people die from this disease.

Being SunSmart is a simple and effective way of reducing your risk of developing skin cancer. Most skin cancers can be treated if found early.



Common **symptoms** of Skin Cancer include:

- A new spot or mole on your skin
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape over a period of weeks to months.

Get to know your skin and what's normal for you. If you notice any of these symptoms or any other unusual changes, tell your doctor, clinic nurse or Aboriginal health worker. It doesn't mean you've got skin cancer – often they turn out to be something less serious. But it's important to get checked.

For cancer information go to www.findcancerearly.com.au or <https://www.cancerwa.asn.au/>



Download the free SunSmart App

Download the SunSmart app to check the UV where you are right now.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

For cancer information and support call 13 11 20





CORRECT SUNSCREEN APPLICATION



Every purchase goes towards cancer research and services.

Apply sunscreen at least **20 minutes** before sun exposure



= 5 mL

One teaspoon is equal to 5 mL of sunscreen



You need at least **7 teaspoons** for a full body application. One for each arm, each leg, your front, your back, face, neck and ears.

This means a full body application* is **35mL of sunscreen**



*35mL equals one full body
• Front of body
• Back of body
• Face, neck and ears
• Arms and legs

For a Cancer Council 110mL tube, this is approx. 3 full body applications.



Always read the label. Use only as directed.



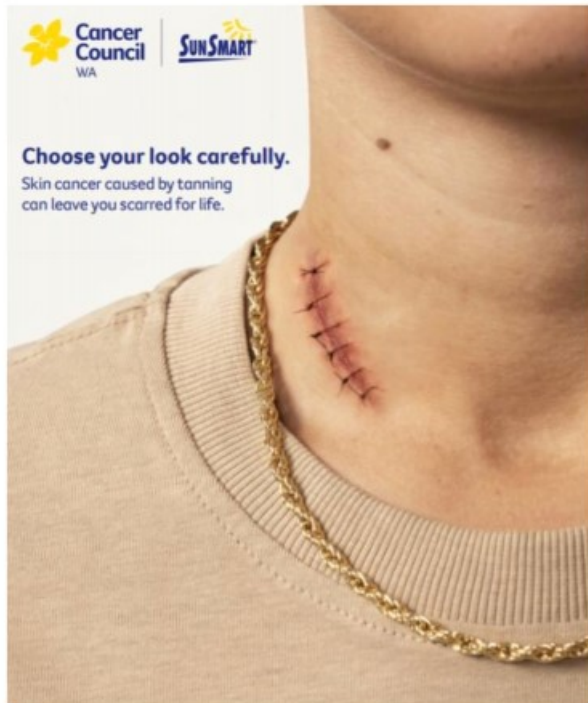
Every **2 hrs**

Reapply sunscreen after **2 hours, or sooner** if you've been swimming, sweating or towel drying.

Do a test if it's a first time use, or if you're applying to sensitive skin. If irritation occurs, discontinue use.



Choose your look carefully.
Skin cancer caused by tanning can leave you scarred for life.



Protect yourself in **five ways** from skin cancer



SLIP

SLOP

SLAP

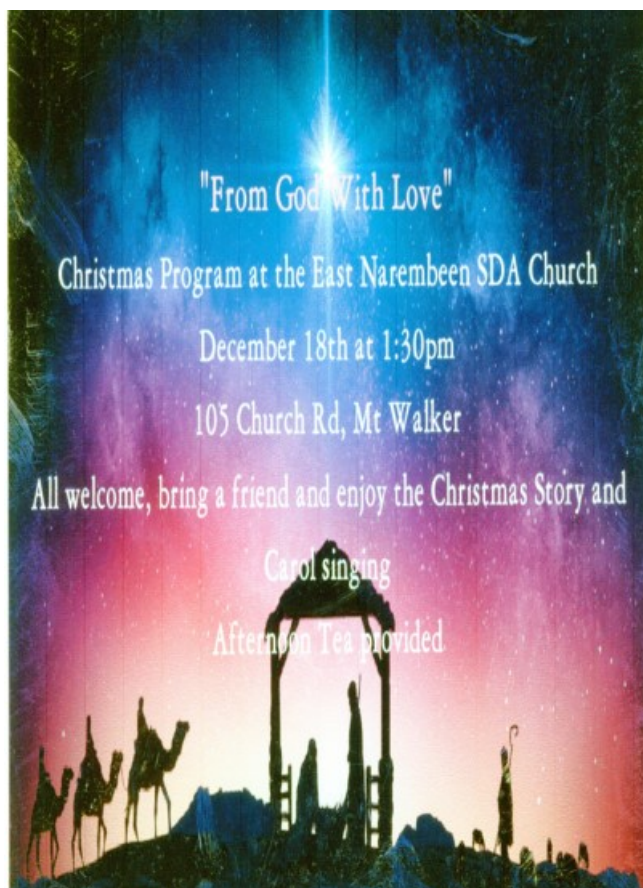
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myUV.com.au
Cancer Council
WA



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Bookings by appointment

The difference between ordinary and extraordinary is that little bit extra

HEALTHY BLUEBERRY POPSICLES RECIPE



livelighter.com.au

Prep: 5 mins

Cook: 240 mins

Serves: 4

Ingredients

- 200 g blueberries
- 200 g low-fat vanilla yoghurt

Method

1. Mix together blueberries and yoghurt.
2. Divide between 4 cups.
3. Secure lids on moulds or insert popsicle sticks and freeze for 4-6 hours or overnight until solid.
4. Stand at room temperature for a few minutes before removing from mould.



Nutrition Information

	per serving	per 100g
Energy	292 kJ	292 kJ
Protein	2.8 g	2.8 g
Fat, total	0.6 g	0.6 g
— saturated	0.3 g	0.3 g
Carbohydrate	12.7 g	12.7 g
— sugars	12.3 g	12.3 g
Sodium	32.5 mg	32.5 mg
Fibre	0.8 g	0.8 g

Recipe available [here](#)

Visit livelighter.com.au for more information.

For cancer information and support call 13 11 20



BIRTHDAYS



Month

25th Nov	David Smoker		
26th	Christina Bormolini	Alain Deluis	Errol Pascoe
	Warren Milner		
27th	Lesley Wasley	Todd Aird	Sunee Quinn
28th	Kevyn Bow	Kaine Capstick	Betty price
	Chris Gray	Jay Gill	
29th	Stuart Yandle	Lara Woodley	
30th	Fiona Pini	Doris Ketteringham	Suzette Bailey
	Tony Addicoat	Jill McGregor	
1st Dec	Cameron Gifford Cheetham		

Anniversaries

Month



Nov	27th	Mick & Hazel Toovey
DECEMBER	1st	
	2nd	John & Kasse (Clarke) McCumiskey

CLEANING ROSTER



Catholic Church: Cleaning Busy Bee



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, December 5th

9.30am

Malachi Chapter 3—Verse 1-14 Eleanor Brayshaw

Phillipians Chapter 1—Verses 9-13 Barb Schwartz

Luke Chapter 3—Verses 1-6

Psalm Song of Zechariah Page 425

Church of Christ

Sunday 5th December 10am

Worship service with Sunday school during the service

Bible verse: Isaiah 9.6

For to us a child is born,

To us a son is given,

And the government will be on his shoulders.

And he will be called

Wonderful Counsellor, Mighty God

Everlasting Father, Prince of Peace



Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday December 4th 2021

10:00 am. The Senior's Bible Study title this week is "Remember, Do Not **Forget**", and the Key Text is Deuteronomy 9:7, along with many other scriptural references.

Sabbath School for kids too at this time.

11:30 am. Worship Service, G.C. Chapter 12, The French Reformation, Paul & Jude Walton.

You're always welcome to join in at these

times or you can still watch this current Bible

Study series on VAST Channel 603 at 4:00pm

on Fridays or there is another program, "Let

God Speak" at 7:00 pm Fridays.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday 4th

6pm

Reader: E. Bailey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: Busy Bee



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre

Hours Mon – Thurs 8.00am – 12.30pm 1.30pm – 5.00pm Friday 8.00am – 1.30pm

PLEASE BRING CURRENT PRESCRIPTIONS, MEDICARE, PENSION AND HEALTH CARE CARDS

RURAL WOMEN'S GP SERVICE – Phone 90647145 for appointments. Dr Olga Ward visits approximately 6 weekly

NURSE PRACTITIONER – Laura Black visits fortnightly

HOSPITAL – PHONE 90646222 HEALTH DIRECT 1800 022 222

Accident, emergency and acute medical.

Outpatient dressing/blood pressure checks etc–Preferred times 10.30am -11.30am or 3.30pm – 4.30pm

X-Ray service available – please phone for bookings. Only emergency X-Rays will be attended out of hours

Other services include antenatal and postnatal care, palliative care, respite service, high and low level residential care. Home and Community Care (HACC), Patient Assisted Travel Service (PATS), Videoconference facilities available for consults with some Specialists. Occupation and Speech Therapy, Dietician and Aged Care Assessment (ACAT) available by referral.

WHEATBELT ALCOHOL AND DRUG SERVICE

Phone 90413807 or 90412928

This service provides support for individuals, couples and families affected by alcohol and drugs

WHEATBELT DOMESTIC VIOLENCE UNIT

Call 1800 353 122 (24 hours) Free and Confidential

Men's Domestic Violence Helpline 1800 000 599. Victim Support Service 1800 350 074

NAREMBEEN DENTAL – JOHN COBLEY

Phone 90647397 Emergencies 0419 987 397 Appointments Thursday

CHILD, SCHOOL AND COMMUNITY HEALTH SERVICES – PHONE 90647388 or 90646222

Child Health Clinic every Tuesday at the Hospital 9am – 3.00pm

Alternatively, contact Primary health in Merredin 90410444 or Ngala 1800 111546

CENTRAL AGCARE FAMILY COUNSELLING SERVICE Counsellor Anne Hague 0427 133 711

PODIATRIST – PHONE 90646222

Please call the hospital (office hours) for appointments

ST JOHN AMBULANCE – PHONE 000 Do not call the hospital for an ambulance in an emergency.

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Narembreen Medical Centre

COMING EVENTS

December 2021

Wednesday	1st	Childcare Narembreen bookings ADMIN 6832 3825	8.30am - 5.30pm
Thursday	2nd	Childcare Narembreen bookings ADMIN 6832 3825	8.30am - 5.30pm
		Autumn Club	10.00am-2.00pm
Friday	3rd	Playgroup at Numbats Centre	9.30am
Saturday	4th	Church	
		Men's Shed	9.00am
		Bowls Men's—Round 8, NB M v MD R —- NB G v MD B	
Sunday	5th	Church	
		Mt Walker Tennis—Closed Narembreen Open Day	
		Narembreen Tennis—Open Day	
		Bowels—Social at home	
		Lions Paper Pick Up	
Monday	6th	Circuit Gym	9.30am
		Arts and Crafts and Book Exchange at Community Shed	10.00am-4.00pm
Tuesday	7th	Senior Citizens	2.00pm
		Childcare Narembreen bookings ADMIN 6832 3825	8.30am - 5.30pm
		Lions Club Meeting	
Wednesday	8th	Childcare Narembreen bookings ADMIN 6832 3825	8.30am - 5.30pm

Editor: Maxine Miolini